

## QUICK FACTS

- Depression is the most common mental health diagnosis in persons over the age of 60.
- Depression can be diagnosed at each stage of the dementia process. Active treatment from a psychopharmacology and psychosocial standpoint assures the best outcome for both patients and caregivers.
- Dementia is a progressive, terminal disease, getting worse over time and worsening in a person's cognitive abilities.
- Changes in behaviors resulting in aggression and agitation can be most alarming to caregivers resulting in admission to nursing home facilities. Behaviors can worsen in these settings because the person is in a foreign environment with others that do not know how to care for them.
- Even in late stages of dementia, patients who are placed in foreign environments can display an exacerbation of their cognitive and functional deficits and personal distrust.
- The National Alzheimer's Project Act (NAPA) published findings in October 2014 with many recommendations for the care of patients with dementia. Some of these recommendations are included below:
  - Communities play a vital role in the care of those with dementia and their family caregivers;
  - High-quality care must involve both traditional medical providers as well as community-based providers of services and supports;
  - Importance of person and family-centered care, incorporating attention to the emotional, social and spiritual components of well-being as well as its physical components.

CHILDREN & FAMILIES  
SEPTEMBER 13, 2015 OPTIONAL MTG  
**EXHIBIT 2**